

New Year, New Me: Mentally and Emotionally Ready to New Challenges

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STRONGER TOGETHER, WE REMAIN RESILIENT



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Seek Professional Helps

Where, Who, & How?

Introduction

Mental is a state of mind

Emotional is relating to our emotions/feelings





**A picture is worth
a thousand words**

RESILIENCE



Resilient Me



Resilient Family



Resilient Community

“Challenges” strike

Our feeling? Our mental?





Students' Real Life Stories



**People keep
saying...**

Be strong
Be patient 
Hang-in there! 
Things will be alright 

Problems/Issues

Adaptation

We are 'forced' to adapt to a new environment

Relationship

Witness the 'TRUE ME' in family relationship, lecturers, friends, etc



Back to Home

Readiness of every family member to support each other

Studying

Methods, communication, technology challenge,

Problems/Issues

Financial/Money

Struggling in finance

Parenting Style

Parents may change their parenting style due to stressors in life after lockdown



Siblings

Favorism, ungrateful siblings

House Errands

Responsibility as 'parent' needs to comply

Problems/Issues

The Lost of Self

Who am I?

Emotional Disturbances

Calm is not in the dictionary anymore!



Mental Pressure

Tiredness

Mental & Emotional Illness

Stress & Anxiety
really kick in



Problems/Issues

Suicidal Ideation

Self-Harm

Mental Disorder

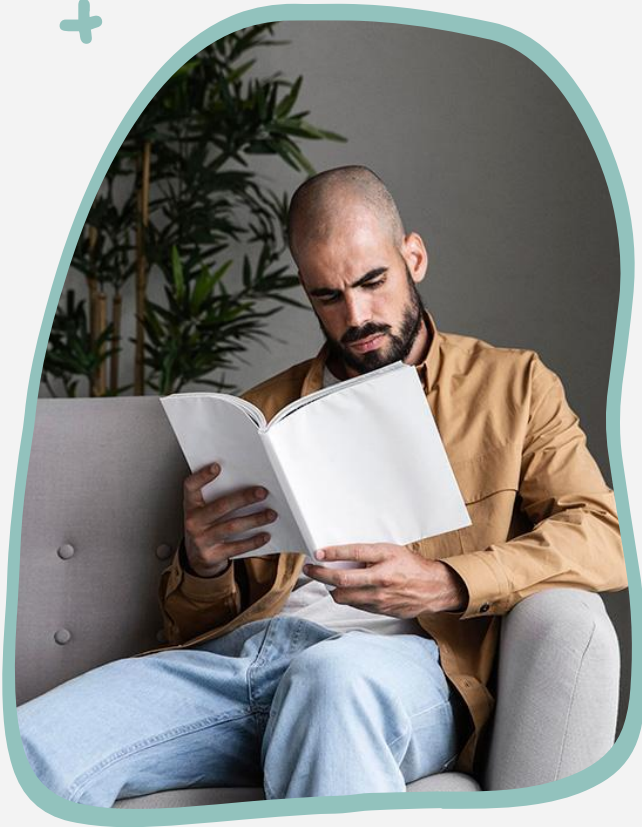
Personality Disorder



How nice!

If I could breathe in and out in
peace and had my favorite
drinks!






03

Tips

You could enter a subtitle
here if you need it



1. Know Yourself in
CURRENT Situation

2. Identify Your
STRENGTHS &
Weaknesses

3.
COMMUNICATION
Style

6. REFLECTION

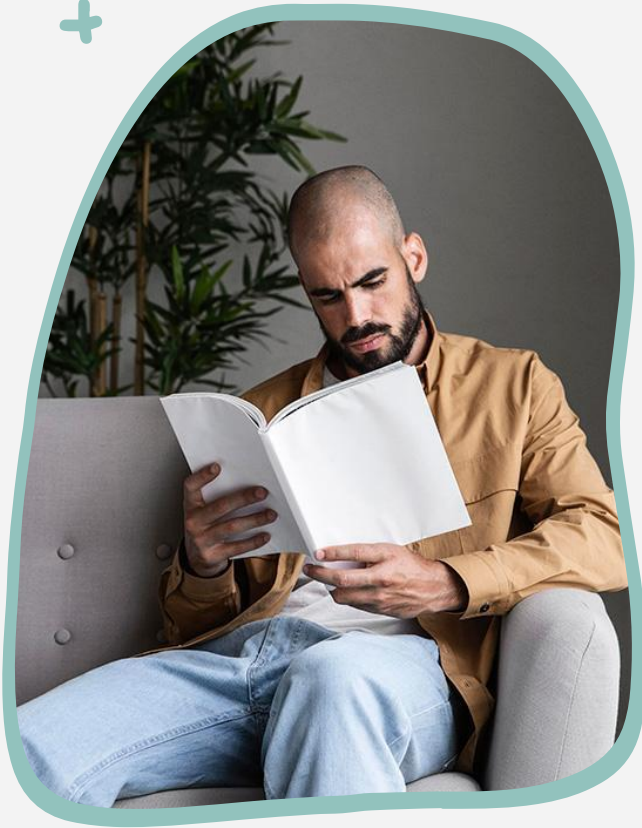
5. Bouncing
FORWARD in
Accepting & Moving
On

4.
TOGETHERNESS
in Bouncing Back

7. Be GRATEFUL

The Seven Resilience Booster Tips





04

**Seek
Professional
Helps**

Recommendations



**Registered
Counsellors**



**University
Counsellors**



**Trainee
Counsellors**



**Mental Health
Providers**



Mentor/Advisor



**Trusted
Individuals**

A Mental Indicator as Reminder

1

2

3

4

Normal

Mild

Moderate

Severe

ASK YOURSELF!

On a scale of 1-10, how do you rank your **STRESS** level?

On a scale of 1-10, how do you rank your **ANXIETY** level?

On a scale of 1-10, how do you rank your **MENTAL BEING** level?

On a scale of 1-10, how do you rank your **EMOTIONAL BEING** level?

On a scale of 1-10, how do you rank your **WELLBEING** level?



Awesome Words



I AM
REMAINING
RESILIENT



Practice KINDNESS

Practical Exercise

4 seconds

BREATHE IN

4 seconds

BREATHE OUT



Be Resilient!



Thank You!

Do you have any questions?

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